



LINCOLN COUNTY, WYOMING

COVID-19 TRAVEL RECOMMENDATIONS

CDC does not generally issue advisories or restrictions for travel within the United States. However, cases of coronavirus disease (COVID-19) have been reported in many states, and some areas are experiencing community spread of the disease. Crowded travel settings, like airports, may increase chances of getting COVID-19, if there are other travelers with coronavirus infection. There are several things you should consider when deciding whether it is safe for you to travel.

THINGS TO CONSIDER BEFORE TRAVEL

- Is COVID-19 spreading in the area where you're going? Currently Wyoming has few cases, but more are anticipated. For the most up to date case count, check the Wyoming Department of Health:
<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronaviruses/>.
- If COVID-19 is spreading at your destination, but not where you live, you may be more likely to get infected if you travel there than if you stay home. Will you or your travel companion(s) be in close contact with others during your trip? **You may be required to quarantine for up to 14 days after you return home to Wyoming.**
- Your risk of exposure to respiratory viruses like coronavirus may increase in crowded settings, particularly closed-in settings with little air circulation.
- Are you or your travel companion(s) more likely to get severe illness if you get COVID-19?
- People at higher risk for severe disease are [older adults and people of any age with serious chronic medical conditions](#) (such as heart disease, lung disease, or diabetes). CDC recommends that [travelers at higher risk for COVID-19 complications](#) avoid all nonessential travel.
- Do you have a plan for taking time off from work or school, in case you are told to stay home for 14 days for self-monitoring or if you get sick with COVID-19?
- If you have close contact with someone with COVID-19 during travel, you may be asked to stay home to self-monitor and avoid contact with others for up to 14 days after travel. If you become sick with COVID-19, you may be unable to go to work or school until you're considered noninfectious. You will be asked to avoid contact with others (including being in public places) during this period of infectiousness.

- Do you live with someone who is older or has a serious, chronic medical condition?
- If you get sick with COVID-19 upon your return from travel, your household contacts may be at risk of infection. Household contacts who are [older adults or persons of any age with severe chronic medical conditions](#) are at higher risk for severe illness from COVID-19.
- Is COVID-19 spreading where I live when I return from travel? Consider the risk of passing COVID-19 to others during travel, particularly if you will be in close contact with people who are [older adults or have severe chronic health conditions](#). These people are at higher risk of getting very sick. If your symptoms are mild or you don't have a fever, you may not realize you are infectious.
- Consider the availability of resources at your destination of travel. Are healthcare resources limited? Are there health care specialists available in the area? Do you have special health requirements that may not be available at your destination? With increasing cases of illness, certain resources and or supplies may be in short supply.
- Is COVID-19 spreading at your destination? **Consider the possibility of being asked to quarantine for 14 days at your destination** as well as when you return home. Do you have adequate supplies for 14 days quarantine?

Depending on your unique circumstances, you may choose to delay or cancel your plans. If you do decide to travel, be sure to practice good hygiene to help prevent getting and spreading COVID-19 and other respiratory diseases during travel. For the most up-to-date COVID-19 travel information, visit the [CDC COVID-19 Travel page](#)

HOW TO PROTECT YOURSELF

Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

TAKE STEPS TO PROTECT YOURSELF

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

TAKE STEPS TO PROTECT OTHERS

Stay home if you're sick

- Stay home if you are sick, except to get medical care. Learn [what to do if you are sick](#).

Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.